

Fall 2015
Sept-Dec

Tukwila

Activities Guide

GOOD HEALTHY FUN

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TUKWILA
PARKS & RECREATION
GOOD HEALTHY FUN

Tukwila Community Center

12424 42nd Ave S
Tukwila, WA
206.768.2822
www.tukwilawa.gov

**NO
JOINING
FEES!**

Monday–Thursday 6:30am–9:00pm
Friday 6:30am–8:00pm
Saturday 8:00am–2:00pm
Sunday 9:00am–1:00pm

Hours and rates are subject to change without notice. Closed on all major holidays. Children may not be left unattended.

Weekends are exempt from all peak hours.

FREE SENIOR TIME

Tukwila Residents (50+) can use the Fitness Room for FREE from 6:30–11:00am on Mon, Wed, and Fri.

FITNESS ROOM AGE REQUIREMENTS

Must be 13 or older to be in Fitness Room
Under 16 must be accompanied by adult
Under 18 must complete orientation before using equipment

Check out great fitness classes starting on page 19.



Activity Fees

	Adult	Youth (17 & under) Senior (50+)
Fitness Room/Gym	\$5/visit	\$3/visit
Racquetball Drop-in	\$5/hour	\$4/hour
Racquetball Reservation	\$7/hour	\$5/hour
Shower	\$1 (FREE with picture ID)	

Passes

	Adult		Youth (17 & under) Senior (50+)	
10-visit Fitness Punchcard*	Non-Resident	\$45	Non-Resident	\$27
	Resident	\$40	Resident	\$24
1-Month Pass*	Non-Resident	\$36	Non-Resident	\$24
	Resident	\$29	Resident	\$19
3-Month Pass*	Non-Resident	\$99	Non-Resident	\$66
	Resident	\$78	Resident	\$51
6-Month Pass*	Non-Resident	\$185	Non-Resident	\$121
	Resident	\$148	Resident	\$97

*The above passes include use of the Fitness Room, most fitness classes and open gym activities during scheduled sessions.

Punchcards valid for one year from date of purchase. Unused visits or time will not be refunded, transferred, or credited. Passes are non-refundable and non-transferable. The City of Tukwila reserves the right to cancel, suspend, or terminate a pass or punchcard at any time. Proof of residency in Tukwila is required for the Resident rate.

Women's Only Fitness Times

Saturday 2:00–5:00pm // Sunday 1:00–3:00pm

GOOD HEALTHY FUN



FALL 2015

Tukwila Parks & Recreation Activities Guide

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CONTACT US

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Phone: 206.767.2322
Email: Rentals@tukwilawa.gov

Parks Maintenance

Phone: 206.433.7157
Kris Kelly, Supervisor
Kris.Kelly@tukwilawa.gov

Foster Golf Links & Billy Baroo's

13500 Interurban Ave South, Tukwila
Pro Shop: 206.242.4221
Restaurant: 206.588.2763

DIRECTOR'S MESSAGE

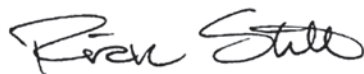
What a fun, active summer we just had! Opportunities to continue the momentum remain well into fall. Many programs are offered throughout this guide that will contribute to your overall health and wellness—be sure to check out the fitness pass program, before and after school programs, and a wonderful array of field trips for senior citizens.

New this year is Socktoberfest, a family friendly 5K Fun Run which meanders through Foster Golf Links and along the Green River Trail. Socks will be collected at the event and then distributed to Tukwila residents during the Spirit of Giving event in December. See page five for more information.

You may have noticed all the construction equipment at Duwamish Hill Preserve this past summer. We've been working hard to expand the park by adding new trails, habitat, and artwork. Several partners have worked together to make this project happen, including the Friends of the Hill and Forterra. We're grateful to the Washington State Capital Heritage Projects Fund for significant grant funding which contributed to this project. We'll be celebrating this new addition to the preserve sometime in this fall—keep your eyes open for an announcement.

On behalf of Tukwila Parks and Recreation, we hope you have a good, healthy, and fun fall.

Yours for Parks and Recreation,



Rick Still,
Parks and Recreation Director



CITY OF TUKWILA

Mayor

Jim Haggerton

City Council

Joe Duffie
Dennis Robertson
Allan Ekberg
Verna Seal
Kathy Hougardy
De'Sean Quinn
Kate Kruller

Parks & Recreation Director

Rick Still

Parks Commission

Alice Russell
Donald Scanlon
Joanne McManus
Sean Albert
Mike Martin

Arts Commission

Steve Mullet
Brian Kennedy
Cynthia Chesak
Trisha Gilmore
Nandina Cengic,
Student Representative

Library Advisory Board

Sharon Kidd
Steve Miller
Marie Parrish
Linda McLeod
Gerie Ventura

VOLUNTEER POSITION OPEN

Currently Seeking
Volunteers for the
PARKS COMMISSION.

Contact Dave Johnson
for information:

dave.johnson@tukwilawa.gov
or 206.768.2822

Goulish, Healthy, Fun!

AUTUMN HARVEST CARNIVAL

THURSDAY, OCTOBER 29

6-8pm • Tukwila Community Center

Bring your friends,
dress up in your best costume,
and join the fun!

Costume Contest

Halloween Crafts

Games and much more!

Healthy dinner option
available for purchase.

\$2.00 per child



Tukwila Community Center // 206.768.2822
12424 42nd Ave S, Tukwila, WA

Socktober 5K Fest

 **FUN RUN & WALK**

October 10 ★ 10:00am
Foster Golf Links

Join us for Socktober Fest 5K Fun Run & Walk at Foster Golf Links. Wear your craziest socks and help others by donating socks to the Spirit of Giving Campaign. Spirit of Giving volunteers collect household items and gifts to be distributed to Tukwila families in need. Raffle tickets will be given to those wearing unique & crazy socks and a ticket for each pack of socks donated.

This course meanders through Foster Golf Links and along the beautiful Green River Trail to Fort Dent Park and back. Sorry, no bikes, skates or skateboards will be allowed on the course. Baby jogger strollers are welcome, and dogs must be on a leash. Runners and walkers will receive coupons for drink and food specials at Billy Baroos Restaurant, so join us for lunch after the run!

Check-in begins at 9:00am at Foster Golf Links

TO REGISTER CALL 206.768.2822

THRU SEPTEMBER 30: \$10 plus a pack of socks to be donated to our Socktober Spirit of Giving Campaign

OCTOBER 1-9: \$15 plus a pack of socks to be donated to our Socktober Spirit of Giving Campaign

DAY OF RACE: \$20 plus a pack of socks to be donated to our Socktober Spirit of Giving Campaign. *Day of race registration closes 30 minutes prior to race start.*

\$20 Registration fee without sock donation.



Foster Library

4060 South 144th Street, Tukwila // 206.242.1640

Mon–Thur 10am–9pm, Fri 10am–6pm, Sat 10am–5pm, Sun 11am–5pm

Call 206.242.1640 to register.



ALL LIBRARY PROGRAMS AND EVENTS ARE FREE AND OPEN TO THE PUBLIC.

CHILDREN

Noon Year's Eve Party

Foster Library, December 31
11:30am

For children of all ages

Join us for an early New Year's ball drop with dancing, games and a noon count-down.

Play and Learn

Foster Library, Mondays
10:30am–12:00pm

Newborn–Age 5 with caregiver

Have fun singing songs, telling stories, reading books, creating art and playing. Play & Learn is in English and the facilitator is bilingual in English and Spanish

Toddler Story Time

Foster Library, Wednesdays
11:00am

Ages 1–3 with adult

Busy toddlers develop language, numeracy and social skills through stories, games and songs.

Cuentos en Español/ Spanish Story Time

Foster Library, Wednesdays • 7pm

Ages 2 and older with adult

Un programa recomendado para niños de a partir de 2 años. Vengan y disfruten de cuentos, canciones y juegos en Español. Enjoy an interactive Story Time in Spanish that includes Early Literacy fun with books, songs and games. Speakers of all languages welcome!



Study Zone

Foster Library

Homework help for children and teens. Call 206.242.1640 or visit www.kcls.org for days and times.

TEENS

Book Group, Movies and more.

Foster Library

Call 206.242.1640 or visit www.kcls.org for days and times.

ADULTS

Reducing Holiday Stress Through Meditation

Saturday, Nov 14 at 2pm

For Adults and Teens

Presented by Anjili Hoadari, Esq

One-on-One Computer Help

Have computer or software questions? TechTutor volunteers are here for you. You may bring your own laptop, but TechTutors cannot provide hands-on or hardware assistance.

Call 206.242.8662 or visit www.kcls.org for days and times.



THE BIG READ Beginning September 1, the King County Library System (KCLS) will host The Big Read offering free copies of the novel *The Beautiful Things That Heaven Bears* to encourage community dialog about the immigrant experience in SeaTac, Tukwila and White Center.

The Big Read is a program of the National Endowment for the Arts in partnership with Arts Midwest. Local partners include the Refugee Women's Alliance (ReWA), Highline Public Schools, Highline College, King County Housing Authority, and the White Center Community Development Association/White Center Promise.

For more information, please contact Jo Anderson Cavinta jacavinta@kcls.org 425-369-3454.





PEE WEE SOCCER

FOCUSING ON FUN, PARTICIPATION AND SOCIALIZATION.

Pee Wee Soccer is designed to develop and improve your child's soccer skills. Games are played on Saturday mornings, between 9am and 12pm on the hour and take 60 minutes, with the first part of the hour dedicated to practice. Each player will receive a team shirt. The league will use volunteer coaches.

LOCATION: TCC BALLFIELD

Ages 3-4 Fee: \$35 / \$45 RD Saturdays
Sept 19-Oct 31 9am-12pm 19387

Ages 5-6 Fee: \$35 / \$45 RD Saturdays
Sept 19-Oct 31 9am-12pm 19399

No game or practice 10/17.

SIGN UP TODAY!

Tukwila Community Center Preschool

At TCC Preschool we focus on the interests of each individual child. We believe that children learn best through play and while interacting with others. Your child will learn and work on social emotional development, physical development and cognitive development.



Call 206.768.2822 or email kirstin.may@tukwilawa.gov

10% discount if paid in full at beginning of school year. \$50 deposit secures your spot.

Explorers (3's Class)

Sept. 15-June 9 ★ Tues/Thurs

9:30-11:30am ★ \$980 / \$850RD ★ 19107 **FULL**

Discovery Kids (Pre-K Class)

Sept. 14-June 10 ★ Mon/Wed/Fri

9:30am-12pm ★ \$1600 / \$1450RD ★ 19108 **FULL**

12:30-3:00pm ★ \$1600 / \$1450RD ★ 19109 **OPEN**





Tot Time

Tuesdays & Thursdays
9:30-11:00am
Sept 15-Dec 10

Bring your child to the Tukwila Community Center for socialization, fun and entertainment. Kids can play in our dance studio with toys, mats, balls and musical instruments.
No registration required.

Parents or care providers must supervise children. NOTE: Food is not allowed in the dance studio. Schedule is subject to change.

Ages 3 and under
TCC Dance Studio
\$2/child



HELPING CHILDREN REACH THEIR POTENTIAL THROUGH
ACADEMIC SUPPORT, ENRICHMENT & RECREATION ACTIVITIES

REACH

ACADEMICS ★ ENRICHMENT ★ RECREATION

After School Program

Monday-Friday // 3:15-6pm

Tukwila Parks and Recreation is excited to partner with the Tukwila School District and YMCA to bring you an innovative after school program. There will be an academic and enrichment component to the program each day. Participants will have fun playing group games, team sports, arts and crafts, and much more.

- ✓ Tukwila Elementary
- ✓ Thorndyke Elementary
- ✓ Cascade View Elementary

Program admittance by school referral.

EARLY BIRDS

Get your day started off right!

Join us every morning as we enjoy games, projects, movies, and more!

- A light breakfast will be served between 7:15–7:30am.
- Early Birds follows the Tukwila School District calendar.
- Transportation to Tukwila schools provided by the Tukwila School District.

No program on 10/9

Grades K-6 • TCC
6:30am–School Start

MONTHLY FEES

September \$95 // October \$105
November \$90 // December \$70

Early Release Wednesdays

Join us for some fun filled afternoons as we enjoy games, crafts, snacks and much more. Sign up for the early release program and spend the afternoon with us. A light snack will be provided. Transportation from the Tukwila schools will be provided by the Tukwila School District.

Wednesdays • 1:00-6:00pm

September 23	\$10 / \$7RD	19411
October 21, 28	\$20 / \$14RD	19412
December 2, 9	\$20 / \$14RD	19413

Tukwila Community Center

TUKTOWN DAY CAMP

AUGUST 31–SEPT. 2

6:30AM–6:00PM

\$85 / \$75 RD

Join us for three days of camp between summer and school.

We will carry on the summer fun with games, arts and crafts, outdoor fun and much more as we gear up to start the school year. If you loved summer camp, then join us for a few more days.

Please bring a sack lunch and a water bottle each day.



NO SCHOOL? NO PROBLEM!

Join us for an exciting day jam-packed with fun activities, including great games, awesome arts & crafts, and much, much more!

Children need to bring a sack lunch and a smile. We'll take care of everything else, including breakfast (served from 7:30–7:45am) and a light snack (served at 3:00pm).

DON'T MISS THE FUN, SIGN UP NOW!

Tukwila Community Center • Grades K-6

Oct 9, Friday 6:30am-6:00pm 19337

Fee: \$45 / \$35RD

WINTER BREAK CAMP

DECEMBER 2015

Tukwila Community Center

Oh, the weather outside is frightful...but inside Winter Break Camp, things are just heating up! We have something for everyone with activities including games, crafts, and all sorts of other fun. Campers can reunite with some old friends, or just make some new ones! All campers must bring a sack lunch and beverage each day. A light breakfast and afternoon snack will be provided.
No camp on 12/25 and 1/1.

12/24 & 12/31 close @ 4pm

GRADES K-6

Mon–Thur ★ 6:30am-6:00pm

Dec 21–24	\$110 / \$95RD	19290
Dec 28–31	\$110 / \$95RD	19291
Dec 21–31	\$188 / \$170RD	19292

*Daily rates are available at \$35/day for residents and \$45/day for non-residents.

A.S.A.P.

AFTER SCHOOL ACTIVITIES PROGRAM

@ Tukwila Community Center



Looking for something fun to do after school?

Well, you found the right place! Join us for games, crafts, homework help, music, fun and friends! Each day will combine at least 30 minutes of physical activities with crafts and projects that are sure to please everyone! A.S.A.P. follows the Tukwila School District calendar. Transportation from Tukwila schools will be provided by the Tukwila School District.

No program on 10/9, 11/11, 11/26–27, and 12/21–31.

Grades K-6 • Location: TCC • School End–6pm

Monthly Fees: Sept. \$133 / Oct. \$147 / Nov. \$126 / Dec. \$100

PARENTS NIGHT OUT

1ST FRIDAY OF EACH MONTH
6:00-10:00PM

**OCTOBER 2
NOVEMBER 6
DECEMBER 4**



Attention, all parents! Let us give YOU a rest! While you take the night off, we will treat your children to pizza, swimming, movies and other activities, all for much, much less than you would pay a babysitter!

Don't miss out on this great opportunity!
Space is limited so sign up today!

Grades K-6 • TCC • \$25 / \$20RD

YOUTH DANCE

Pre-Ballet

This class will introduce younger students to basic ballet vocabulary and technique in a structured yet fun setting. Simple coordination, musicality, rhythm and concentration will be emphasized. Students are encouraged to explore space and enjoy dancing. Leotards and ballet shoes recommended.

Ages 3–4 Fee: \$32/\$25RD Mondays

Sept 14–Oct 19 4:45–5:15pm 19424

Oct 26–Nov 30 4:45–5:15pm 19427

TCC Dance Studio Instructor: Alyssa Mabry

Ballet 1/2

This class will cover the fundamentals of classical ballet technique. It will focus on proper body alignment, French terminology and musicality. Please black leotard and pink tights. Ballet shoes are required.

Ages 6–10 Fee: \$32/\$25RD Mondays

Sept 14–Oct 19 5:15–6:00pm 19245

Oct 26–Nov 30 5:15–6:00pm 19248

TCC Dance Studio Instructor: Alyssa Mabry

Jazz

Join us for an upbeat dance class with lots of fun music! The one-hour class begins with a warm-up, isolations and stretching. Students will learn fundamental jazz steps and basic movement combinations, while jazz vocabulary is expanded.

Ages 8 & Up Fee: \$32/\$25RD Mondays

Sept 14–Oct 19 6:00–7:00pm 19426

Oct 26–Nov 30 6:00–7:00pm 19429

TCC Dance Studio Instructor: Alyssa Mabry



Youth GRADES K-5 Basketball League

Registration begins Sept. 1st // Games begin Jan. 9th

Tukwila Parks and Recreation strives to provide a positive recreation experience for all. These experiences help youth develop new physical and social skills in a fun, participatory and safe environment under the guidance of knowledgeable and supportive coaches. Youth sports programs contribute to an individual's physical, social, emotional, cultural and educational growth and development.

- » Practices begin the week of December 7th at local schools.
- » Games begin January 9th and are held on Saturdays for eight weeks.
- » The Recreation Department will assist with assigning players to teams/coaches.
- » Score is not kept for K-4 and standings are not tallied for all divisions to facilitate a recreational environment.

Sponsorship Opportunities Available

Sponsor a player for as little as \$60 or a team for as little as \$250.
For more information, please contact
marlus.francis@tukwilawa.gov.

For information on registration please call TCC at **206.768.2822** or visit our league website at www.teamsideline.com/tukwila

Registration deadline is Nov 20.
Space is NOT guaranteed after the deadline.

K/1 Boys & Girls	\$60/\$54RD	19388
2nd Boys & Girls	\$60/\$54RD	19389
Grade 3/4 Boys	\$60/\$54RD	19390
Grade 3/4 Girls	\$60/\$54RD	19391
Grade 5 Boys	\$60/\$54RD	19392
Grade 5 Girls	\$60/\$54RD	19393

Scholarship rate of \$25 available to Tukwila residents who qualify for free or reduced lunch.

Volunteer Coaches Needed!

Coaches must be available for weekly practices and games! Time commitment is approximately four hours/week. All coaches must complete a Youth Sports Coaches orientation and pass a federal background check. If you are interested, please contact steve.batz@tukwilawa.gov.

Kids First B-Ball Clinics

Tuesday and Thursdays
October 13th – November 19th

Get a jump on your basketball skills by learning the fundamentals. Skills include dribbling, shooting, passing, and defense. Advanced training will be offered for those players who want to master their skills. A positive environment will be cultivated through encouragement and lots of fun. Days and times are subject to the school district schedule and may change!

K-2nd	6-7pm	\$32/\$25	19430
3rd-6th	7-8pm	\$32/\$25	19431

Skills & Drills Day

Save the Date!
Saturday, December 5th

All registered players are invited to come to TCC for a FREE pre-season skills clinic. Meet and greet your coach (depending on availability) ask questions about league, and receive practice information.

Check www.teamsideline.com/tukwila for specific age groups and times.

Up All Night Basketball

October 16-17 ★ 8:00pm-8:00am

This overnight event is STRICTLY FOR THE BALLERS who can hoop all night. This event includes a 5-on-5 games, a partner three point contest, an all-star game, an open run, unlimited gatorade, pizza, breakfast, and more. There will be a room dedicated for those that need to sleep. Bring your "A" game, hoop shoes, pillow and blanket if you need to, but we won't stop playing basketball until it's all over.

You can pre-register for this event at the Tukwila Community Center front desk. Registration will also take place the night of the event.

This is a lock in program. No one will be permitted to leave the Tukwila Community Center earlier than 7:00am.

Grades 6-12 @ Tukwila Community Center

\$15.00 ★ Code #19295

Teen Open Gym

Bring your friends and join us at Tukwila Community Center open gym program. A supervisor on site will create teams and run organized games for those wanting to play or just come and work on your jump shot. No program 11/11. **Grades 6-12 @ TCC**

September 14-December 16

Mondays & Wednesdays ★ 5:00-7:00pm



TEENS FOR TUKWILA

The mission of this group is to "Help teens prepare for their future." If this is something that interests you, then join our group. The major areas of focus are college preparation, a community service project, and job preparation. This leadership development group is open to high school students who live in Tukwila, and it is a tremendous opportunity for its members to have and create unique experiences that will impact their lives and future.

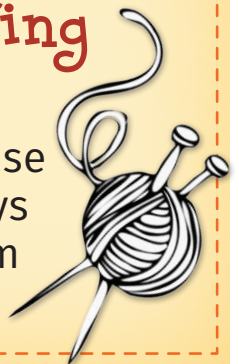
For more information contact Nate Robinson at 206.768.2822.



Teen Fear Factor Friday on page 12!

Teen Crochet & Knitting Group

Early Release
Wednesdays
1:00-2:00pm
@TCC



fear **factor friday**

only the strong will survive.



Test your will against 29 other contestants and see if you have what it takes to be the Fear Factor Champion. This two hour long elimination tournament will separate the crazy from the craziest teens. **The winner will receive a \$100 gift card to Westfield Southcenter, and second place will receive a \$50 gift card.** There will be competitions and prizes for the teens in the audience as well. So, if you don't want to participate, come and watch an event you will never forget.

september 25 // tukwila community center

8:00pm-10:30pm • Grades 6-12 • \$2.00 (audience/participants)

TEEN ROOM

**MONDAY — FRIDAY
3:00—6:00PM**

FREE ★ SEPT 8—DEC 18

GRADES 6-12 TUKWILA COMMUNITY CENTER

Need somewhere fun to hang out after school? Come down to the Teen Room at TCC. We have pool, air hockey, ping pong, crafts, study table, and much more. Best of all ... it's FREE!

Closed 11/11, 11/26-27, 12/21-31

**BRING YOUR FRIENDS AND COME ENJOY
SOME FUN AND SAFE RECREATION.**

Check with us about early release Wednesdays.

FRIDAY TEEN LATE NIGHTS

The Tukwila Late Night Program is the place to be every Friday night. The program provides a safe environment with a lot of different activities and games for teens that want to have a fun experience and hang out with their friends. Join us for some awesome activities!

- ★ Open Gym Basketball
- ★ Dodge Ball
- ★ XBOX 360
- ★ Wii
- ★ Break Dancing
- ★ Volleyball
- ★ Hip Hop Dance Class
- ★ Weight Room
- ★ Ping Pong
- ★ Card Games
- ★ Table Games
- ★ Tournaments
- ★ Air Hockey
- ★ Prizes
- ★ Music
- ★ Special Events
- ★ Guest Speakers
- ★ Educational Workshops
- ★ Theme & Activity Nights
- ★ Movies
- ★ Pool Table
- ★ Concessions and MUCH MORE

GRADES 6-12

**TUKWILA COMMUNITY CENTER
FRIDAY ★ 8:00PM-11:00PM
\$2.00**

Sept 18, 25 ★ Oct 9, 16, 30
Nov 6, 13, 20 ★ Dec 4, 11

Young Adult SPECIALIZED RECREATION PROGRAM

The City of Tukwila, in collaboration with the cities of Burien and SeaTac, will be offering monthly socials for teens and young adults with special needs. Food and drinks are provided at each event.

No registration is required.

Grades: 6 and up
\$6.00 per person
Fridays // 5:00–7:00pm

September 11 Potluck & Games

Angle Lake Park
19408 Interntl Blvd, SeaTac

October 9 Bowling

Hi-Line Lanes
15733 Ambaum Blvd, Burien

November 13 Dance & Potluck

Tukwila Comm Ctr
12424 42nd Ave S, Tukwila

December 11 Bowling

Hi-Line Lanes
15733 Ambaum Blvd, Burien

VOLUNTEER SPOTLIGHT Teen Late Night Volunteers



Lisa is shown on right.

Lisa Vasquez

Lisa has volunteered for the Teen Late Night Program for over 7 years. She says she was out one day and saw a flyer for the program and felt moved to look into the possibility of volunteering.

Lisa is one of the first faces the teens see when they come to teen late night. Lisa welcomes, greets and checks all the teens in at late night. She is known by many teens for her politeness, warmth, and her smile. She truly cares about the teens we serve. She knows them by name and takes great pride in getting to know them. Lisa is beloved by her co-workers and respected by them for her love of our teens.



Julie is shown lower right.

Julie James

Julie has been volunteering at Teen Late Night for over 5 years. She discovered the teen late night program when she was attending a parent meeting at the middle school and thought she wanted to be part of something her daughter was involved in. She is one of the main greeters the teens see when they arrive at late night. Julie came with an emphasis to help add an arts & crafts component to our teen late night program. She was successful in doing so. She has had up to 60+ teens participating in projects that she has put together during the program. Her skill set and passion for arts & crafts are extremely valuable to our program. Julie brings a positive attitude every day and really makes the teens we serve feel like part of the teen late night family.



SPECIAL INTEREST

Piano Lessons

TIMES FILL UP FAST!

Individual, 30-minute lessons catered to each student's level emphasize musical theory, physical technique and different styles (classically based, but also including jazz and ethnic music.)

Call for updated class info! 206.768.2822

Ages: 5 & up

Tuesdays 30-minute lessons 2:30-7pm

Thursdays 30-minute lessons 3:30-8pm

Social Hall

Instructors: Kevin Johnson & Loren Temkin



Learn to Crochet & Knit

DROP-IN PROGRAM

Have you ever wanted to learn to crochet or knit, then this drop in program is for you. Come to our free program led by an avid crochet and knitter. If you already know how to crochet or knit and just want to do it in the company of friends, then is for you too.

Wednesdays • 7:00-8:30pm

WEST AFRICAN DANCE

Students in class enter a kinesthetic dance mode of learning supported by cultural and travel stories. Your mobility, flexibility, and overall strength will be increased. We will develop breath control to keep your body relaxed and mind focused. Fluid, graceful movements help to tone and strengthen your back and abdominal muscles, improving your posture and self-confidence. Experience The Feminine Essence! Exercise without even trying. No dance experience is required. Please be prepared to have more fun exercising though dance without even realizing it. The time will pass so quickly and you and your body will desire more.

**Age 13+ • Fee: \$131 / \$119RD • Wed
8 sessions • No class: Nov 11**

Oct 14-Dec 9 7:15-8:45pm 19367

TCC Dance Studio Instr: Franchesska Berry

MARTIAL ARTS

Tae Kwon Do

Guun Tado Martial Arts instructs students in the formal arts of Korean Martial Arts styles. Besides Tae Kwon Do, there are styles of Hapkido, Hwurang Do and street self-defense. This program is for the entire family. Registration deadline is five business days prior to class start date. No class 11/11

New class starts every month.

Ages 6 & up Fee: \$48/\$40RD Mon & Wed

Beginner 5:30-6:30pm

Intermediate 6:30-8:00pm

Advanced 7:30-9:00pm

Social Hall

Instructors: Glenn Diola & Carla Abbott

Yoshukai Karate

This class focuses on the individual's development of skill, coordination, balance and stamina. Learn the fundamentals of body, hand, and foot work-including blocking, kicking, and punching, which are all needed in self-defense and offense. Registration deadline is five business days prior to class start date. No class 10/29, 11/26

New class starts every month.

Ages 5 & up Fee: \$48/\$40RD Tues & Thurs

All Levels 6:10-7:10pm

Dance Studio

Instructor: Betty Nibler



Did you know?

A 20 ounce soda contains over 16 packets of SUGAR!

All those extra calories can bring on obesity, diabetes, and heart disease. Sugar also promotes tooth decay and emotional sensitivities.

FIND OUT MORE:

www.kingcounty.gov/health/sugarydrinks



Public Health
Seattle & King County

ESL CLASS

ENGLISH AS A SECOND LANGUAGE

**FREE FOR ADULTS
18 & OVER.**

Mondays & Wednesdays
6:00pm–8:00pm

October 19–December 14, 2015

Tukwila Community Center
Classroom A

INCLUDES CHILDCARE

No pre-registration.
Students should come to first
class to register and do testing.

For more information: Anne Soerens
with Literacy Source 206.782.2050.



VOLUNTEER OPPORTUNITY

UNITED WAY DAY OF CARING

FRIDAY SEPTEMBER 18th // 9:00am to 12:00pm
BICENTENNIAL PARK, 6000 CHRISTENSEN ROAD, TUKWILA

Bicentennial Park is a located in the heart of the Tukwila
business district and is used by local businesses, residents
and visitors alike! Come out and help us beautify this park by
planting flowers, picking up litter, and painting!



Please register through the United Way of King County's website at:
www.uwkc.org/events/day-of-caring/

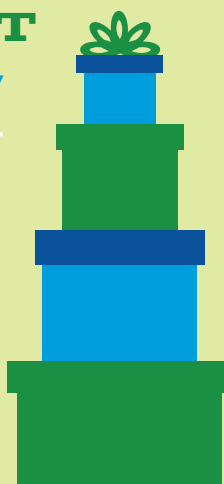
Spirit of GIVING

TOY COLLECTION EVENT

Also accepting cash and food for the Tukwila Pantry

**10AM –4PM | SATURDAY
November 21**

**WESTFIELD SOUTHCENTER
SOUTH PARKING LOT**



The Spirit of Giving is a
holiday giving program for
local children in need. This
program relies on generous
citizens who are interested
in purchasing new gift
items for the young in our
community. You can truly
make a difference in the life
of a local child.

If you or your business
would like to share in the
Spirit of Giving, contact
Stacey Agmata at

206.768.2822
stacey.agmata@tukwilawa.gov

THE SPIRIT OF GIVING
IS A PARTNERSHIP
BETWEEN:



TUKWILA
PARKS & RECREATION
GOOD HEALTHY FUN

Westfield
SOUTHCENTER

Habitat Restoration Volunteers Needed

There are many ways to get involved!

Duwamish Alive!

**WORK PARTY 10am–1pm
Saturday • Oct 17, 2015**

Join the Duwamish Alive Coalition to help preserve and enhance habitat for people and wildlife, and improve the health of the Puget Sound by working within the Duwamish River watershed. Restoration is on-going throughout the year, but it's only during Duwamish Alive that our organizations come together to host hundreds of volunteers at multiple sites to make a huge impact on the same day! We provide the instructions, tools and even snacks and coffee to keep you energized.

For more information visit the website at www.duwamishalive.org or call 206.923.0853

Restore the Duwamish Shoreline Challenge

**WORK PARTIES: 1–4pm
Sept 11 and Nov 13, 2015**

Join the City in restoring the Duwamish River shoreline by participating in one or all of the work parties.

For more information contact Shannon Fisher at shannon.fisher@tukwilawa.gov or 206.768.2822

Codiga Park

A small group of volunteers take care of Codiga Park twice a month during the weekdays. The group focuses on creating a beautiful and thriving natural area along the river.

If you'd like to join, please e-mail Dhira Brown at EarthCorps:volunteer@earthcorps.org or call 206.322.9296 x217

UPCOMING WORK PARTIES

These EarthCorps volunteers, called the Puget Sound Stewards, are looking for an extra hand or two during these work parties where they remove weeds, spread mulch, and water plants.

October 9th 9:30-12:30
November 13th 9:30-12:30

WORK PARTY Online earthcorps.org/volunteer.php or call 206.322.9296 x217

Cottage Creek Buffer Enhancement Project

Help the City remove invasive plants and put in native plants to restore a damaged stream buffer that flows next to Tukwila City Hall.

For more information contact Shannon Fisher at shannon.fisher@tukwilawa.gov or 206.768.2822

Interested in getting involved in the community?



If you are interested in participating in the City of Tukwila Volunteer Program, either by becoming a volunteer, or by participating in volunteer opportunities, please contact Shannon Fisher at the Tukwila Community Center at 206.768.2822 or send an email shannon.fisher@tukwilawa.gov

WE ARE ALWAYS LOOKING FOR VOLUNTEERS WHO WOULD LIKE TO IMPROVE THE QUALITY OF LIFE IN OUR COMMUNITY.



Anyone who likes landscaping, planting flowers, or weeding and would like to volunteer their time should contact us. We have monthly habitat restoration project sites throughout Tukwila. If gardening is not your thing, consider helping out with painting or minor construction. If you or your group has an interest in helping out, contact the Volunteer Program staff:

206.768.2822
SHANNON.FISHER@TUKWILAWA.GOV

HELPING HANDS



project feast

empowering immigrant & refugee cooks



For information on Project Feast please contact Alanna McDonald:
hello@projectfeast.org or **206.249.9848**



International Cooking Class

Learn how to cook food from other countries through Project Feast, a nonprofit that trains refugee and immigrant cooks. Graduates of Project Feast programs and community members are the instructors for these delicious cooking classes. They are able to share a wealth of knowledge about their cuisines and cultures. You will be part of a small group that is part class, part feast, and part community kitchen. A minimum of five people are needed to make a class happen. These classes tend to sell out fast, so book your spot soon! Cuisines are subject to change based on instructor availability. Registration deadline is five business days prior to class start date.

Ages 18 & up Fee: \$32/\$25RD Mondays

Sept 14: Central Am	5:30–8:30pm	19403
Oct 12: West Africa	5:30–8:30pm	19404
Nov 9: Asia	5:30–8:30pm	19405
Dec 14: Middle East	5:30–8:30pm	19406

TCC Kitchen Instructor: Project Feast Staff

To sign up for an international cooking class, call Tukwila Community Center: 206.768.2822. For all other Project Feast offerings contact Alanna directly.

Commercial Kitchen Basics

A culinary training program for refugees and immigrants. Learn all of the basic skills to work in a commercial kitchen to get a job in the food industry!

Ages 18 & up Fee: FREE Mon & Wed

April 27–June 5 10:00am–2:00pm

July 13–Aug 19 10:00am–2:00pm

Sept 28–Nov 6 10:00am–2:00pm

TCC Kitchen Instructor: Project Feast Staff



Culture, Literature & Cuisines from East Africa



COMMUNITY OPEN HOUSE

Friday, October 9 // 5:30-7:00pm

Tukwila Community Center, Social Hall

Join Project Feast, Tukwila Parks and Recreation, and King County Library System in celebration of culture, literature, and cuisine from East Africa. The Community Open House will feature delicious recipes and traditional coffee from various East African countries, which will be prepared by graduates of the Project Feast kitchen skills training program. Guests will also have an opportunity to watch basic culinary demonstrations and learn a little bit about the history and culture of the featured countries.



As part of The Big Read program, we will also discuss themes in the book, "The Beautiful Things That Heaven Bears" by Ethiopia-born author, Dinaw Mengestu. Take home some newly discovered recipes and continue to share the culture, good food, and connections with new friends gained from the Open House!

Registration is FREE but please RSVP to the TCC: 206.768.2822.

The first 20 guests to arrive will receive a free copy of the book!

The Big Read is a program of the National Endowment for the Arts in partnership with Arts Midwest. Partners: King County Library System, King County Housing Authority, Highline College, Highline Public Schools, Refugee Women's Alliance, White Center Community Development Association/White Center Promise.



Let Us Cater Your Event

with Project Feast

This is a great opportunity for our trainees to work as paid apprentices in the Project Feast kitchen and for you to taste delicious recipes from all over the world. Contact us for affordable options for meetings and special events.

For information on Project Feast Catering please contact Alanna McDonald: hello@projectfeast.org or 206.249.9848.

Duwamish Curve Café

Come enjoy lunch at the TCC deli and support the graduates of Project Feast as they gain valuable job experience in food prep and service! Project Feast, a culinary job training program, serves delicious delicatessen-style soups, salads and sandwiches for a very reasonable price.

Tukwila Community Center
Open to the public
11:00am-12:30pm
Tuesdays and Thursdays



SPORTS & FITNESS



Adult Volleyball League

Tuesdays // 6:00–9:00pm

Adult COED Volleyball leagues are offered three times throughout the year. All games are played at TCC on Tuesday nights starting at 6pm. Teams play two matches of three games per night. Level of play is recreational (non-spiking & non-blocking). The league is self-officiated (call your own) and teams must have three women on the court at all times. Teams play 20 league matches—no playoffs. Teams must have 50% or more residents on the roster to qualify for the resident discount.

Fall League

Sept 22–Nov 24 \$161 / \$146RD 19365

Winter League

Jan 6–Mar 10 \$161 / \$146RD 19366

Jazzercise

We bring the moves you turn up the heat!

You want that look good, feel great, got-my-stride-on-and-you-love-it confidence? That's where we come in. It's a calorie-torching, hip swiveling, Shakira'd-be-proud party with a hot playlist to distract you from the burn (up to 800 calories-per-hour). We'll leave you breathless, toned and coming back for more. New students please arrive 10 minutes early to register. Eight classes a week available.

TCC fitness pass holders pay only a \$5 drop in fee to the instructor to participate.

Register online at www.jazzercise.com or in class with instructor. Questions contact Cory O'Brien at tukwilajazzercise@gmail.com or call 206.870.4750.

Mon, Weds, Fri	7:50–8:50am
Saturday	9:15–10:15am
Mon–Thurs	6:05–7:05pm
Tuesday Express Strength	7:15–8:00pm



Women's Only Fitness Times

Saturdays 2:00–5:00pm

Sundays 1:00–3:00pm

TCC Fitness Room

Adult 40+ • Daytime Open Gym Basketball

Tuesday & Thursday 1:00–3:00pm

Drop in fees required (included in fitness pass membership)

*Cancellations may occur



Attention Local Businesses

Let us help develop or enhance your worksite wellness program.

Improving the health of your workers will benefit your company:

- » Weight reduction
- » Improved physical fitness
- » Lower stress levels
- » Improved morale
- » Reduced employee absenteeism
- » Increased productivity
- » Reduced healthcare costs

We can customize a low-cost plan that would work for a company of 2 to 2,000 employees. Make an appointment today to learn about our offerings and tour our facility, or we can come directly to your office, staff meeting, or wellness/safety fair.

Call 206.768.2822

COMMIT TO BE FIT!

With a fitness membership you can drop in anytime for any of these great classes shown here. **FLEXIBLE. EASY. FUN.**



BODY SCULPTING

This group weight training class is designed to develop high functional strength for an active lifestyle and everyday activities. Please bring a towel.

BOOTCAMP

This class will put you to the test with a circuit of drills including running, jumping jacks, push-ups, squats, and crunches. Great for people with busy schedules who need to pack a hard workout into a quick hour.

HARDCORE

A strong core is key to physical fitness and your overall quality of life! Improve your strength, posture, and stability with this core-centered workout using functional fitness equipment and your own body weight.

KICKBOXING 101

Kickboxing is fun and effective way to get an awesome workout while also learning a new skill. Jab, kick, and strike your way to a leaner, stronger, you! ZERO experience necessary and all fitness levels are welcome.

MIXXEDFIT®

MixedFit® is a people-inspired dance fitness program that is a perfect blend of explosive dancing and bootcamp toning. MixedFit® combines popular dance music typically heard on the radio with repetitive, easy to follow dance moves and bootcamp toning to create a workout that is challenging, effective, and FUN!

RIZZMIC® **NEW!**

A 60 minute cardio roller coaster through American dance! We begin with a five minute, warm up sequence, then we delve into the melting pot. We'll go from a 1950's jitterbug to a heavy hitting hip hop routine, then a high energy country swing, followed by a dramatic Broadway number. You can expect things like disco, hula, Charleston, rock & roll, modern jazz, 60's go-go, pop and hip hop from the 80's through the most popular artists of today. We will always end class with a low intensity cool down routine and lyrical stretch. Rizzmic® is a high intensity dance fitness experience that seamlessly blends exercise with truly stylized dance!

TABATA

Burn more calories in less time! This is a workout that is short, efficient and can fit in almost any fitness program at varying fitness levels/ability. Basic TCC Tabata outline: six exercises, 20 seconds at your personal best, 10 seconds rest in between each exercise. Total of eight sessions/rounds.

TAI CHI **NEW!**

This class will introduce the basic movements of Tai Chi with a focus on the fundamentals of the practice and an emphasis on relaxation. By the end of the course, students will have learned a beginning Tai Chi pattern excerpted from the Standard 24 Form. If there is time there may be instruction in the entire 24 posture pattern form. This course is geared toward students who are new to Tai Chi, but all students, regardless of experience, are welcome.

YOGA

Viniyoga style is an approach to yoga that adapts the various yoga poses and practices to the needs of the individual in the moment. This is accomplished by adapting the pose to the individual rather than forcing the person to fit into an idealized pose. We use props and gentle guidance to build a safe and effective practice.

ZUMBA TONING

When it comes to body sculpting, Zumba Toning raises the bar (or rather, the toning stick). It combines targeted body-sculpting exercise and high-energy cardio work with Latin-infused Zumba moves to create a calorie torching, strength training dance fitness party. Learn to use lightweight, maraca-like toning sticks to enhance rhythm and tone all their target zones, including arms, abs, glutes and thighs. Zumba Toning is the perfect way for enthusiasts to sculpt their bodies naturally while having a total blast.



CLASS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BODY SCULPTING		6:00–7:00pm JOLENE Fitness Room		6:00–7:00pm JOLENE Fitness Room		
BOOTCAMP	12:05–12:55pm ALISSA • Gym		12:05–12:55pm STEVE/ALISSA Gym		12:05–12:55pm STEVE • Gym	
HARDCORE	6:40–7:40AM ALISSA • Gym				6:40–7:40AM ALISSA • Gym	
KICKBOXING 101			6:40–7:40AM ALISSA Fitness Studio			
MIXXEDFIT®		5:00–5:55pm WENDY Dance Studio		5:00–5:55pm WENDY Dance Studio		8:00–9:00AM WENDY Dance Studio
RIZZMIC® NEW!		7:15–8:15pm Dance Studio		7:15–8:15pm Dance Studio		
TABATA		12:05–12:55pm ALISSA • Gym		12:05–12:55pm ALISSA • Gym		
TAI CHI NEW!			6:00–7:00pm Dance Studio			
YOGA		6:15–7:30pm ROGER Classroom B		6:15–7:30pm ROGER Classroom B		
ZUMBA TONING	7:00–7:45pm KRISTYNA Banquet Hall		7:00–7:45pm KRISTYNA Banquet Hall			

Jazzercise is an additional fee of \$5 for members payable to instructor.

JAZZERCISE See page 19 for more details.	7:50–8:50am 6:05–7:05pm	6:05–7:05pm 7:15–8:00pm* (*Express Strength)	7:50–8:50am 6:05–7:05pm	6:05–7:05pm	7:50–8:50am	9:15–10:15am
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ADULT

YOUTH (17 & under) and SENIOR (50+)

10-visit Fitness Punchcard*	Non-Res. \$45 / Resident \$40	Non-Res. \$27 / Resident \$24
1-Month Pass*	Non-Res. \$36 / Resident \$29	Non-Res. \$24 / Resident \$19
3-Month Pass*	Non-Res. \$99 / Resident \$78	Non-Res. \$66 / Resident \$51
6-Month Pass*	Non-Res. \$185 / Resident \$148	Non-Res. \$121 / Resident \$97

*The above passes include use of the fitness room, most fitness classes, and open gym activities during scheduled sessions.

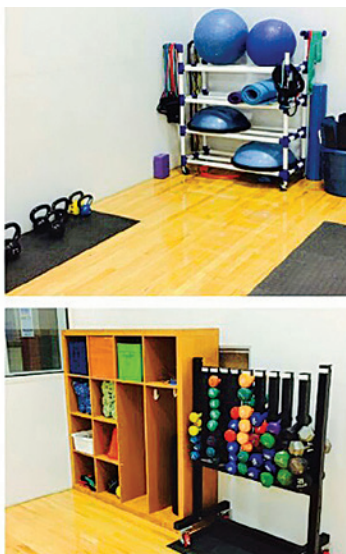
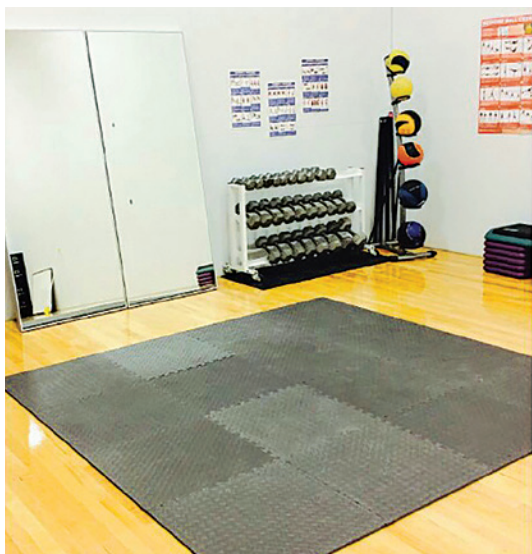
NO JOINING FEES!



Personal Training Available at TCC

What are your fitness goals?

Whether you want to achieve weight loss, muscular toning, cardiovascular endurance, or overall improvement of health and wellness, TCC's Personal Trainers will design a detailed program and motivate you to achieve YOUR individual fitness goals.



**Purchase a Six Pack
& get a 1 month
Fitness Pass for FREE**

60-minute sessions

Single	\$30
Triple Play	\$80
Six Pack	\$150

Buddy Prices (2-3 people)

Single	\$25 each
Triple Play	\$70 each
Six Pack	\$120 each

**NEW Fitness Studio
Now Open**

EMAIL: personal.trainer@tukwilawa.gov to work with a personal trainer and get fit the way YOU want.

Alissa Savory



I'm a huge believer in functional fitness training, body weight exercises, TRX, kettle bells, Bosu, Equalizers, etc. I love improving my clients' overall health and quality of life, and empowering them to reach and EXCEED their health and fitness goals.

**Work with one of our
personal trainers in a
non-intimidating
private setting!**

Kerry James



My training philosophy:

- > Focus on the fundamentals of movement
- > Apply the five components of fitness, which include: muscular strength, body compositions, muscular endurance, cardio respiratory endurance, and flexibility
- > Reachable goals
- > Teach workouts that clients can also recreate their own
- > Workouts tailored to individual needs
- > For sports specific training, I challenge and push the athletes to reach their full potential

Leo Leone



I've been an ACE Certified Personal Trainer for four years. I've been involved in health and fitness my whole life. I try to live what I preach and follow the 80/20 rule—eat the right things and move 80% of the time, and indulge 20% of the time. I've trained clients of all levels, ages and goals—incorporating the latest trends in interval training and mind/body and functional training. I like to bring fun to sessions, but still push you to reach your goals, and make you work harder than you think you can.



DISCOVER YOUR GOLF COURSE!

Foster is an 18-hole golf course with a welcoming clubhouse, the award-winning Billy Baroo's Restaurant, the Foster Golf Shop, and banquet and meeting rooms.



5 Lessons
from a PGA
Professional
for only \$99

Register for Get Golf Ready:

- Join in a series of group lessons
- Learn in a casual, friendly setting
- Get on to the course to play
- Enjoy the outdoors
- Spend quality time with friends and family and meet new golfers

PLAY FOOTGOLF AT FOSTER

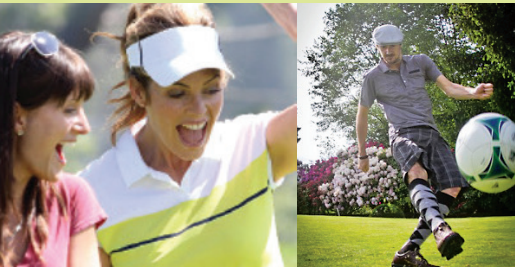
FootGolf combines the popular sports of golf and soccer. Over an 18-hole round, the FootGolf course utilizes Foster's existing tee boxes, fairways, bunkers and water hazards, while using their own set of FootGolf greens.

RESIDENT SPECIAL
\$20.00
OFF
ANY GET GOLF READY
LESSON PROGRAM

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If you LIVE or WORK in Tukwila,
bring in this coupon for a one-time
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GOLF • FOOTGOLF • GET GOLF READY • JUNIOR PROGRAM • JUNIOR CAMPS • SATURDAY JAZZ NIGHTS

TO LEARN MORE VISIT: www.fostergolflinks.com

Foster Golf Links // 206.242.4221 // 13500 Interurban Ave S., Tukwila, WA 98168



Good Healthy Fun Is Ageless!

Welcome to the City of Tukwila Senior Program

Our goal is to provide you with a well-rounded program to meet the needs of mature adults 50 years of age or older. If you have program ideas or suggestions, please contact your Senior Program staff at:

Tukwila Community Center
12424 42nd Avenue South
206.768.2822

Registration

The registration deadline for classes and workshops is one (1) week in advance, unless otherwise noted.

Transportation

We provide transportation for many of our programs for non-driving seniors living within the Tukwila service area.

Hyde Shuttle Transportation

Need to go shopping? Want to visit a friend? Have a doctor's appointment? The Hyde Shuttle is a FREE van service for seniors and people with disabilities living in Tukwila. You can ride anywhere within the service area set up by Senior Services.

Shuttle Service hours are Monday–Friday from 9:00am–4:00pm. Call today to schedule a ride! 206.727.6262



SERVICES

Lunch Program

You can enjoy delicatessen style sandwiches, soups, salads and fresh baked treats at a reasonable cost in the Duwamish Curve Café. The Café is located at Tukwila Community Center and is open to the public from 11:00am to 12:30pm on Tuesdays and Thursdays.

Meals on Wheels

Are you or someone you know homebound or having difficulty getting meals? We are part of King County's "Meals on Wheels" program, delivering meals weekly to the homebound. Orders are taken on Mondays from 9:00–10:00am. Meals are delivered on Thursdays between 9:00–11:00am.

Call 206.448.5767 for info or apply on line @ www.seniorservices.org/food assistance/mealsonwheels

Pet Food Program

Are you having trouble getting pet food for your canine or feline friend?

Contact us at 206.767.2321 to apply for the FREE pet food program.

Foot Care

Our health nurse is here to provide you with foot care on the third Thursday of each month. Appointment times are from 9:00am–2:30pm.

Call 206.768.2822 for an appointment. Fee: \$20 cash or checks accepted. Please bring your own towel.

Help Us, Help You – Human Services Assistance

Do you or someone you love need to connect with social and health services, need Energy Assistance or minor home repair? Tukwila Human Services staff will be at Tukwila Community Center to assist you with your human service needs on the 4th Wednesday of each month from 9:00–11:00am. These meetings are confidential and by appointment only.

Let us know what we can do for you by calling the senior program staff at 206.768.2822.

SOCIAL PROGRAMS Everyone welcome!

FREE activities at the Tukwila Community Center • Fireside Lounge

Bridge	Mondays 10am–2:00pm	Everyone is welcome to take part in open play bridge. Call 206-242-3681 at least two days ahead for registration information. Closed 9/7
Progressive Pinochle	Tuesdays 12:30–2:30pm	Don't miss this wonderful opportunity to enjoy great company and a relaxing time playing pinochle.
Open Game Days	Thursdays 12:30pm	Join us for game day with Scrabble, Mexican Train, canasta and more.

GENERAL INTEREST

Open Studio

Do you have a love for the arts? Come join our open studio to learn how to paint or fine tune your skills. We have an instructor that teaches beginning and advanced techniques in oil painting and water colors. No class November 26, December 24, 31.

Thursdays	4 Classes	\$34 / \$27RD
Sept 3–24	10:00am–Noon	19329

Thursdays	5 Classes	\$34 / \$27RD
Oct 1–29	10:00am–Noon	19330

Thursdays	3 Classes	\$25 / \$20RD
Nov 5–19	10:00am–Noon	19331
Dec 3–17	10:00am–Noon	19332

Location: TCC Class Room B
Instructor: Marianne Perkins

Senior Line Dancing

Learn basic dance steps, as well as the Electric Slide, Slap Leather, Boot Scootin' Boogie and many other easy to master dances. No partner needed.

Fee: \$3 Drop In

Sept 1–29	Tuesday	1:15–2:15pm
Oct 6–27	Tuesday	1:15–2:15pm
Nov 3–24	Tuesday	1:15–2:15pm
Dec 1–29	Tuesday	1:15–2:15pm

TCC Social Hall Instructor: TBD

Basketry

Have you ever wanted to learn how to weave a basket? Sign up for this great class and learn how to make an Appalachian style basket. Please bring a bucket, towel and a pair of scissors.

Friday	\$25 / \$20RD
Oct 9	9:00am–3:00pm 19409

Bring a sack lunch.

AGING & ALZHEIMER'S WORKSHOPS

SPONSORED BY THE TUKWILA LIBRARY ADVISORY BOARD

Healthy Habits for a Healthier You

Thursday, October 8

At any age, there are lifestyle habits we can adopt to help maintain or even potentially improve our health. These habits may also help to keep our brains healthy as we age a possibly delay the onset of cognitive decline.

To help people age well, the Alzheimer's Association is offering the Healthy Habits for a Healthier You program. This workshop covers four areas of lifestyle habits that are associated with healthy aging: cognitive activity, physical health and exercise, diet and nutrition, and social engagement.

In each area, we will discuss what we know, drawing on current research, as well as what we can do—steps to take now to improve or maintain overall health in each area.

FREE	9:30am–11:00am	18894
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Meeting Room A

Know the 10 Signs: Early Detection Matters

Thursday, October 15

What is the difference between typical age-related memory changes and Alzheimer's disease? How do I know if I need to be concerned about myself or a loved one? What steps should I take if I think there might be a problem?

This class will answer these questions and more. We will discuss the 10 Warning Signs of Alzheimer's, why early detection is important, a how Alzheimer's is diagnosed. We will also touch briefly on risk factors for Alzheimer's and related dementias as well as the role of genetics in Alzheimer's disease.

FREE	9:30am–10:30am	18899
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Social Hall

FITNESS AND ATHLETICS

Tukwila Trailers

Women of all ages are invited to participate. This group meets at TCC each Monday to hike, rain or shine. Please contact the senior programs office for space availability and schedule. Lunch on your own.

Fee: \$10/\$8 RD Mondays

Departs TCC at 8:45am

		Rating*
Sept 14	Green Lake/eat out	1
Sept 21	Vashon Island/eat out	2
Sept 28	Spencer Island/eat out	1
Oct 5	Kingston/eat out	1
Oct 12	Carnation/eat out	2
Oct 19	Gold Creek/eat out	1
Oct 26	Capital Lake/eat out	1
Nov 2	Chambers Bay/eat out	3
Nov 9	Lincoln Park/eat out	2
Nov 16	Golden Gardens/ eat out	1
Nov 23	BP Trail/eat out	3
Nov 30	Tolmie / eat out	2
Dec 7	Gig Harbor/eat out	2
Dec 14	Burke Gillman/eat out	1
Dec 21	Lake Wilderness/ eat out	1
Dec 28	Interurban trail FREE/ eat out	1

*RATING

- 1: Paved and/or Smooth Trail Surface
- 2: Some Hills; Exposed Roots and Rocks Possible
- 3: Some Difficult Terrain; Hills or Stairs



Enhance Fitness

Feel empowered to sustain a life independent health with a program with proven effectiveness that helps you improve balance, flexibility, strength, and aerobic training. Class is designed to meet all ability levels.

Fee: \$34/\$27 RD Mon, Wed, Fri

No classes Sept 7, Nov 11, 27, Dec 23, 25

Sept 2-30	M/W/F	9-10am	19333
Oct 2-30	M/W/F	9-10am	19334
Nov 2-30	M/W/F	9-10am	19335
Dec 2-30	M/W/F	9-10am	19336

TCC Dance Studio • Drop-in Fee: \$3/day
FREE for Group Health members



Open Weight Room

Mon, Wed & Fri • FREE

6:30-11am • Fitness Room

FREE Fitness Room time for senior residents age 50 and above. Proof of residency required.

Senior Volleyball League

WINTER RECREATION LEAGUE
Oct 22, 2015 – March 10, 2016

Thursdays • 9am-1:00pm

19 week season • \$75 • 19400

Each year our volleyball league gets more and more popular and we'd love to have you join the fun! We welcome new teams and individuals who want to participate. Registration begins August 3.

.....

Open Gym Volleyball

Mon, Wed & Fri • Fee \$3.00

9:00am-Noon • TCC Large Gym

Looking for fun and fitness without a commitment? Drop in three times a week for a great volleyball workout.

.....

MALL WALK AT *Westfield* SOUTHCENTER

Meet your Tukwila Parks and Recreation Senior Program Staff person every Thursday at 7:30am for a walk in the mall. This is a great opportunity to make new friends while staying healthy. It can be just for fun or if you are a little more competitive we can track your mileage for rewards for meeting certain mile stones. We will meet at the sky bridge outside of the JC Penney's store.

SEE YOU THERE!

The nation's leading Medicare exercise program for older adults. **Free membership for those 65+ with supplemental health plans. Inquire with your insurance provider or @ TCC Front Desk**

What Is SilverSneakers?

The award-winning SilverSneakers fitness program is the nation's leading fully-funded Medicare exercise program for older adults. Born out of the need for a fitness program tailored specifically to the Medicare-eligible population, SilverSneakers was developed in 1992 to engage and reach a population that may have never been to a fitness location.

SilverSneakers Fitness Pass

Tukwila Community Center is an eligible site for Silver Sneakers. This gives adults 65+ on Medicare with the following supplemental health plans a free membership to the several fitness programs: Blue Cross/Blue Shield, Aetna National, Columbia Community Care, Essence, Group Health Cooperative, Humana, Spokane Community Care and WellPoint-National.

SilverSneakers Seniors Classes

SilverSneakers CLASSIC

Classic is great for total-body conditioning. The instructor guides you through exercises using resistance tools at your own pace.

Enhanced Fitness

Feel empowered to sustain a life of independent health in a program with proven effectiveness that helps you improve balance, flexibility, strength, and aerobic training. Class is designed to meet all ability levels.

Open Gym Volleyball

Looking for fun and fitness without a commitment? Drop in three times a week for a great volleyball workout.

Yoga

Viniyoga style is an approach to yoga that adapts the various yoga poses and practices to the needs of the individual in the moment. This is accomplished by adapting the pose to the individual rather than forcing the person to fit into an idealized pose. We use props and gentle guidance to build a safe and effective practice.



*With a fitness membership or SilverSneakers pass you can drop in anytime for any of these great classes shown here. See page 2 for membership information. **FLEXIBLE. EASY. FUN.***

CLASSES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SilverSneakers CLASSIC	8:00–8:45am Social Hall Alissa	11:00am–12:00pm Dance Studio Alissa	8:00–8:45am Social Hall Alissa		10:00–10:45am Dance Studio Alissa
ENHANCED FITNESS	9:00–10:00am Dance Studio Loraine		9:00–10:00am Dance Studio Loraine		9:00–10:00am Dance Studio Loraine
LINE DANCING		1:15–2:15pm Social Hall			
MALL WALKERS				7:00–9:30am Westfield Mall	
OPEN GYM VOLLEYBALL	9:00am–Noon Gym		9:00am–Noon Gym		9:00am–Noon Gym
YOGA		6:15–7:30pm Classroom B Roger		6:15–7:30pm Classroom B Roger	
TAI CHI			6:00–7:00pm		

TRIPS & SPECIAL EVENTS

All trip destinations and times are subject to change. Participants are responsible for being at TCC in time for departure. Unless otherwise noted, all trips depart and return at TCC. The Tukwila Senior Program will only notify clients if there is a change in time from what is stated in the brochure.

RESERVATIONS

RESERVATIONS MUST BE MADE IN PERSON OR BY PHONE. Trip fees must be PAID UPON REGISTRATION. Make check/money orders payable to Tukwila Community Center. You may register yourself and one other person for any program/trip in this brochure. Registrations may start early for certain trips, please review special conditions noted in the trip description.

Due to the number of people on the trips, group reservations are usually made for lunch. If you don't want to eat lunch with the group, please inform staff at the time of your reservation. When lunch is included in the trip, please inform staff of any dietary restrictions you may have and we will try to accommodate your needs.

CANCELLATIONS

To receive a refund, cancellations must be made one week prior to the trip. Extended trip cancellation deadlines may vary, please contact the Senior Programs office.

TRANSPORTATION

Transportation to the Center for trip departure is available for non-driving participants within the service area. Please make arrangements for transportation at registration.

.....
Extended Travel
Opportunities on Page 30!



Tree House Point

Tree House Tour in Preston

Tree House Point has monthly tours that can only be registered for a month in advance. If you are interested in visiting Tree House Point with us in the near future, please call and leave your name and phone number with Sheri McConnaughey at 206.767.2321.

Bellevue Zip Line Tour

Friday, September 11

The Bellevue Zip Line Tour is perfect outdoor activity for thrill seekers. The tour features a number of lines and bridges amidst a second growth forest of Douglas fir and broad leaf maple trees, plus spectacular views of the North Cascades and downtown Bellevue skyline. There are 6.5 zip lines with the highest being 80 feet off the ground.

9:00am-3:30pm \$74 19340

Washington State Fair

Wednesday, September 16

It's the biggest party in the state, and you're invited! Enjoy delicious food, wild rides, and dazzling entertainment. Fee includes entrance. Lunch will be on your own.

9:00am-3:30pm \$20/\$16RD 19357

Silver Reef Overnighter

Silver Reef Casino

Overnighter

Tuesday & Wednesday, September 29, 30

Back by popular demand! An overnight trip to the Silver Reef Casino located in Ferndale, WA. Don't miss out on this great trip, sign up today!

8:30am-4:00pm \$84/\$73RD 19360

River Valley Cheese

Wednesday, October 7

Today you will become an Artisan Cheese Maker. We will have a two hour private session to learn hands on how to make cheese. It also includes an unlimited cheese buffet plus 2lbs of cheese to take home.

10:00am-3:00pm \$50 19356

Leavenworth Fall Colors

Wednesday, October 14

Travel the Cascade Mountain Loop in hopes to find all of the beautiful colors of fall. You will have time to shop and have lunch your own in the picturesque Bavarian town of Leavenworth.

8:00am-4:30pm \$13/\$10RD 19361

Pierce College Science Dome

Wednesday October 21

Visit the Pierce College Science Dome, a 58 seat digital planetarium that is the only one of its kind in the South Puget Sound region. Lunch will be on your own.

10:00am-4:00pm \$25/\$20RD 19339

Halloween Bunco Party and Costume Contest

Wednesday, October 28

Come join your fellow ghost and goblin's for a fun filled day of Bunco, the easiest dice game around. Come dressed in your best costume, prizes will be given for the most creative costumes. Lunch will be provided.

10:30am-2:00pm \$10/\$8RD 19343

Uncorked Canvas

Wednesday, November 4

Uncorked Canvas is a painting workshop for EVERYONE, whether you have ever painted or not. It's a time to socialize with friends and everyone will paint the same picture. Your painting can be a gift for yourself or someone else. Lunch will be provided.

10:00am-3:00pm \$40/\$37 19345

High Tea/British

Friday, November 13

Enjoy a High Tea prepared and served by the Daughters of the British Empire. The tea will also include a raffle to support their organization.

12:00 Noon \$20/\$25RD 19342

Thanksgiving Dinner

Wednesday, November 18

The City of Tukwila and the Tukwila Rotary proudly sponsors and serves a Thanksgiving meal, now in its 25th year. Enjoy entertainment along with a great meal, celebrating the holiday with friends and neighbors. This event is free to seniors 50 years of age and older. Pre-registration is required and limited to the first 150 people.

11:00am-1:00pm at TCC FREE 19363

Little Creek Casino

Wednesday, December 2

Take a chance of Luck at the Little Creek Casino in Shelton, WA. Lunch will be on your own at their delicious all you can eat buffet

8:30am-4:00pm \$13/\$10RD 19346

Friday Lunch Excursions Waterfront Restaurants **NEW**

Enjoy the beautiful region we live in with some time by the water.

Depart TCC at 11am \$5/\$3RD Fridays

September 18: Chinooks/Ballard 19352

October 16: Beach House Bar & Grill/Kirkland 19355

November 20: Anthony's Point Defiance/Tacoma 19354

December 18: Ivar's Salmon House/Seattle 19353

LUNCH ON YOUR OWN.

Snowflake Lane/Bellevue

Wednesday, December 9

Don't miss Snowflake Lane at the Bellevue Collection. Join us for a magical evening performance for the entire family. It's a holiday spectacle of live toy soldier drummers, exhilarating music, animated snow character, glittering lights and falling snow. We will leave early so you can have dinner on your own at Bellevue Square with the show beginning at 7:00pm.

3:30pm-8:30pm \$10/\$8RD 19362

Holiday Bunco Party and Gift Exchange

Wednesday, December 16

Come play the world's easiest dice game and celebrate the holidays with new and old friends. We will play Bunco and have our annual gift exchange (\$10 limit). Don't miss out on this annual event. Sign up today! Lunch is included.

10:30am-2:30pm \$10/\$8RD 19344



TRIPS & SPECIAL EVENTS

The "Duwamish Divas" chapter of the Red Hat Society is having a wonderful time!



The only responsibility that the Red Hat Society has is for each chapter to have fun. The Duwamish Divas takes that responsibility very seriously!

This group provides an opportunity for those who have shouldered various responsibilities at home and in the community, to say goodbye to their burdens. It's a chance to have fun with no rules! The group travels the second Thursday of each month.

Please contact Sheri McConnaughey in the senior program office with any questions, 206-767-2321.

Sept 10	St James Cathedral	19358
Oct 8	Anderson Garden	19359
Nov 12	Washington Women's Correction Facility in Purdy	19347
Dec 10	Candy Cane Lane/ Dinner Out	19348



EXTENDED TRAVEL

Spain's Classics

March 5-15, 2016

Highlights: Madrid, Royal Palace, Toledo, Cordoba, Seville, Flamenco Show, Granada, the Alhambra, Valencia, City of Arts & Sciences, Lladro City of Porcelain, Paella Experience, Barcelona, La Sagrada Familia, Parc Guell.

11 Days, 14 Meals: 9 Breakfasts, 1 Lunch, 4 Dinners, Air, Lodging and Transfers

BOOK NOW Save \$200 per person

\$3,599 Double. After August 1: \$3,799.

\$4,099 Single. After August 1: \$4,299.

\$3,769 Triple. After August 1: \$3,769.

INFO MEETING: Sept 3, 10:30am, TCC

Tropical Costa Rica

Nov 5-13, 2016

Highlights: San Jose, Monteverde, Arenal Volcano, Lake Arenal Cruise, Cano Negro Refuge, Zarcero, and National Theatre.

9 Days, 14 Meals, Air and Hotels

Book Now Save \$100 per person

\$2,599 Double. After May 29: \$2,699

\$3,049 Single. After May 29: \$3,049

\$2,569 Triple. After May 29: \$2,569

INFO MEETING: Sept 3, 10:30am, TCC

Albuquerque Balloon Fiesta

Sept 29-Oct 4, 2016

Highlights: Santa Fe, Santa Fe School of Cooking, Turquoise Trail, Balloon Fiesta, Old Town Albuquerque, National Museum of Nuclear Science & History, Indian Pueblo Cultural Center.

6 days, 8 Meals, includes Air & Hotels

\$2,499 Double. \$3,099 Single.

\$2,469 Triple.

INFO MEETING: Sept 3, 10:30am, TCC



Duwamish Curve Café

Come enjoy lunch at the TCC deli and support the graduates of Project Feast as they gain valuable job experience in food prep and service! Project Feast, a culinary job training program, serves delicious delicatessen-style soups, salads and sandwiches for a very reasonable price.

Located in the Tukwila Community Center



Open to the public

**11:00am-12:30pm
Tuesdays & Thursdays**

Recreation is for Everyone!

We want everyone in Tukwila to have the opportunity to participate in, benefit from, and enjoy parks and recreation facilities.

We are dedicated to enriching the lives of all persons participating in Tukwila Parks and Recreation programs. If you are interested in a class or program, but hesitate to register because of a developmental or physical limitation, please contact Tracy Gallaway at 206.768.2822 for assistance. Reasonable accommodations for special needs require a minimum of three weeks notice in advance of the program start date. Participants needing individual assistance to participate in programs, including toileting, transferring, eating, dressing, or behavior intervention must bring an attendant/companion to the program.

Resident Fees

We are pleased to offer Tukwila Residents a REDUCED fee for nearly all of our programs and activities. Please note that the Resident Fee is the lower fee and typically highlighted. To qualify for the reduce Resident Rate, you must be able to provide verification of residency in Tukwila.

Registration

Most programs and activities have a minimum and/or maximum enrollment to ensure a quality experience for all participants. Please register at least five business days in advance (payment must be received at time of registration). Programs and activities may be canceled (or combined) due to low enrollment.

Fees listed include all applicable taxes.

Scholarships

Scholarships are available for Tukwila area youth, teen, and senior adults to participate in many of the programs offered by Tukwila Parks and Recreation. Income and residency restrictions apply. Information and applications are available at the Tukwila Community Center. Gender Equity Statement: The City of Tukwila complies with the State of Washington's "Fair Play in Community Sports Act" that prohibits discrimination against any person in a community athletics program on the basis of gender.

Inclement Weather

Tukwila Parks and Recreation programs follow the Tukwila School District's weather advisory. If the School District is closed, all recreation programs will be canceled. If children have already arrived, parents will be notified to pick up their children immediately. If the Tukwila School District is delayed in opening, recreation programs will also be delayed. Please call the facility for up-to-date program information. Inclement weather can also affect park use and trail conditions. Please use caution when visiting parks and trails during poor weather.

Refunds

Your satisfaction is important to us. If you are not completely satisfied with a program or activity, you may request a refund. All refund requests must be in writing. Refunds are subject to pro-rated amounts. A \$5.00 processing fee will be deducted from refund amounts. Full refunds will be issued if we cancel a program due to low enrollment. Camps, rentals, leagues, and other activities may have different refund policies—please refer to that specific program information.

Activity Location Key

Cascade View Elementary School, 13601 32nd Ave S
Foster Golf Links, 13500 Interurban Avenue S
Foster High School, 4242 S 144th St
Foster Public Library, 4060 S 144th St
Neudorf Stadium at FHS, 4242 S 144th St
Performing Arts Center at FHS, 4242 S 144th St
Showalter Middle School, 4628 S 144th St
Starfire Sports (Ft. Dent), 14800 Starfire Way
Tukwila Community Center, 12424 42nd Avenue S
Tukwila Elementary School, 5939 S 149th St
Tukwila Heritage & Cultural Center, 14475 59th Ave S
Thorndyke Elementary School, 4415 S. 150th St

HOW TO REGISTER

In Person

Tukwila Community Center
12424 42nd Avenue S

Cash/Check/Visa/Mastercard

By Phone

206.768.2822

Visa/Mastercard





Meetings, Banquets, and Rental Events

attractive • affordable • accessible

Convenient with easy access

The Tukwila Community Center is an award-winning facility with a variety of amenities. Our beautiful setting along the Green/Duwamish River with Mt. Rainier in the background is an attractive backdrop for your event. Plenty of FREE parking and easy freeway access makes our location convenient for your guests.

Tukwila Community Center is a great place for:

- » Weddings
- » Receptions
- » Anniversaries
- » Class Reunions
- » Trade Shows
- » Retreats
- » Conferences
- » Trainings
- » Sporting Events
- » Board Meetings
- » Worship Services
- » Business Meetings

Your event is important to you . . . therefore, it's important to us

WHEN ORGANIZING AN EVENT, THE PLANNING PROCESS SHOULD BE AS EASY AS POSSIBLE FOR YOU. Tukwila Community Center has a variety of rooms and set-up options to best suit your needs. We'll even set up your room prior to your arrival . . . one less thing for you to worry about.

The Tukwila Community Center offers river, mountain, and beautiful landscaped views with plenty of free on-site parking and convenient freeway access. Only 8 minutes from SeaTac Airport and 3 minutes from local hotels, your out-of-town guests will love that they won't have to go far. A short drive from downtown Seattle makes the community center a quick and affordable escape from the hustle and bustle of the city.



"We have used your facility several times over the years and I have always experienced the utmost professionalism and friendliness—just what you hope a community center will offer!"

Facility Rentals



Gymnasium



Banquet Hall



Social Hall



Meeting/Classrooms

Rentals 7 days a week:

Monday—Thursday 7:00am–9:00pm

Friday 7:00am–1:00am

Saturday 8:00am–1:00am

Sunday 8:00am–12:00am

Facility amenities include:

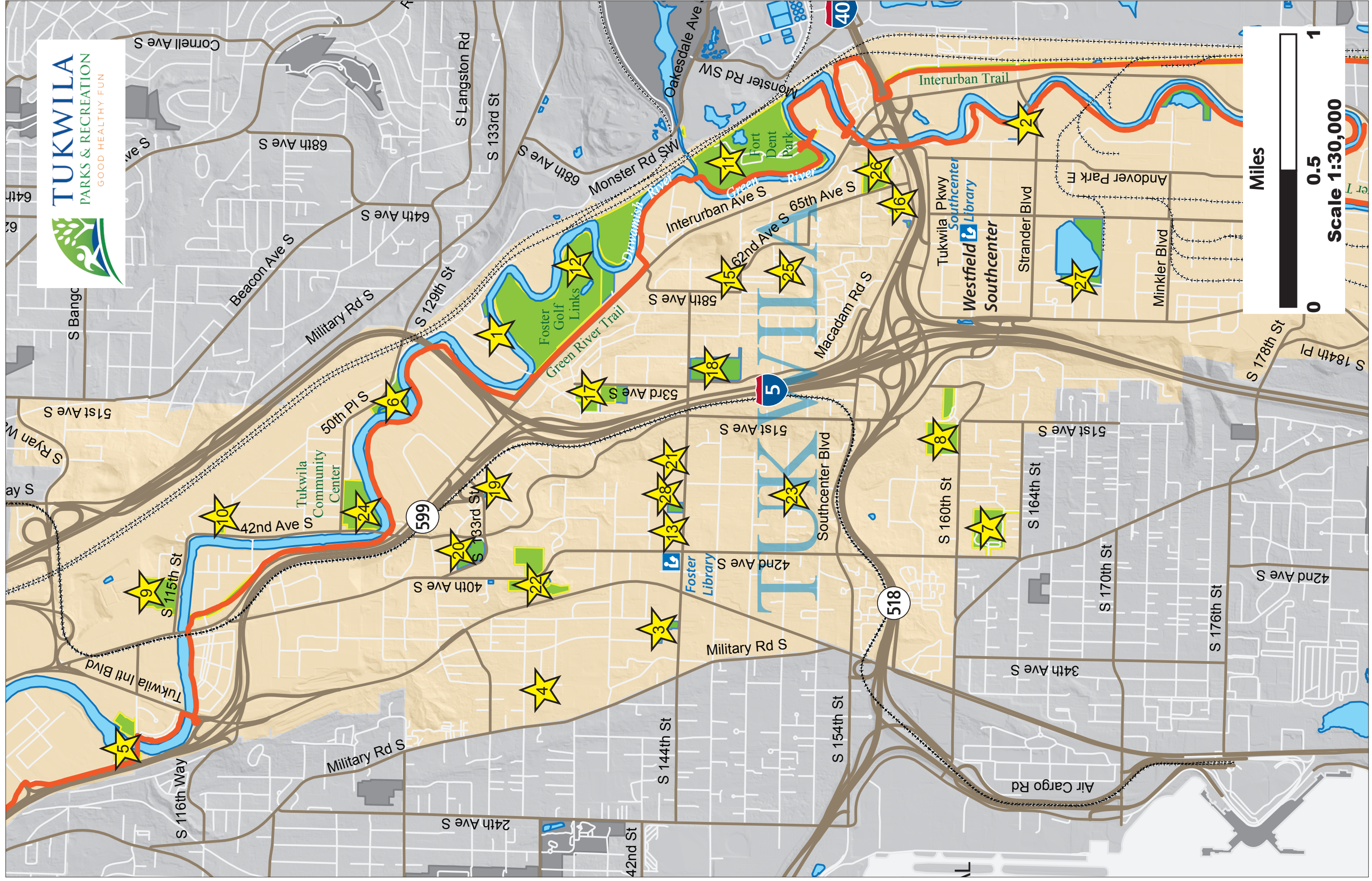
- » Open 7 days a week
- » 48,000 sf floor plan
- » FREE Parking for 300+
- » Priority scheduling & discounted rates for Tukwila residents
- » 11,000 sf Gymnasium
- » 3,000 sf Banquet Hall
- » 2,000 sf Social Hall
- » Commercial-style kitchen
- » 4 Classrooms
- » FREE wireless internet
- » Wireless microphone system
- » LCD Projector w/ screen
- » Beer, wine or champagne subject to restrictions

	Gymnasium	Banquet Hall	Social Hall	Meeting / Classrooms
Square Feet:	11,000	3,000	2,000	750-1,000
Configuration:	Multi-use	Multi-purpose room; dividable into 3 sections; tables and chairs in room	Fireside Lounge attached; Tables and chairs in room	Tables and chairs in room
Seating:	600 max. banquet-style; 1,500 max. theater-style	200 max. banquet-style; 325 max. theater-style	96 max. banquet-style; 150 max. theater-style	32 max. classroom-style; 40 max. theater-style
Amenities:	Carpet for trade shows and receptions; kitchen available for add'l charge	Free wireless internet; LCD projector/ screen; sound system; wireless handheld/lapel mic's; adjoining kitchen available for add'l charge	Free wireless internet; LCD projector/screen; portable sound system with microphone; adjoining kitchen available for add'l charge	Free wireless internet; LCD projector/screen available for additional charge
Set-up/Cleaning:	Table/chair set-up included in rental fee; Customer must clean			
Reservations:	Trade Shows = Up to 18 mo. in advance; 11 mo. for other use (12 mo. for Tukwila Residents); minimum # of hours applies Up to 11 mo. in advance (12 mo. for Tukwila Residents); minimum number of hours applies			



Please call 206.767.2322 for more information

www.tukwilawa.gov





4101 S 131ST ST, TUKWILA

RIVERTON PARK

A Neighborhood Community Park

As one of the many park gems in the Tukwila Park system, Riverton Park offers many great recreational and leisure opportunities. Nestled in the Riverton neighborhood, this four acre park includes a playground with swings, picnic shelter, BBQ grill, picnic tables, benches, large level grass area, Gully Gardens (Community P-Patch), compost demonstration garden, ample parking and a paved quarter-mile walking path around the park.

The history of the Riverton Park site exudes community, reaching back to the days when Southgate Elementary School was located there, which then served as the Community Center for many years until the current Tukwila Community Center opened in 1997. In the following years, Riverton Park was developed and opened in 2000, and has continued the tradition of being a community gathering play place.

This past summer, Riverton Park also hosted one of Parks & Recreation's "See You in the Park" events. This event provided an opportunity for neighbors and park users to meet with Parks & Recreation staff in a social setting to discuss how we could partner together to improve our parks.

If you are looking for a peaceful circular trail, a large open area, a playground for the kids to play on, a garden plot to rent, or the perfect outdoor birthday party or picnic location, plan a visit to Riverton Park.



**SHELTER RENTALS CAN BE
MADE BY CONTACTING OUR
RENTAL OFFICE AT 206.767.2332.**



We look forward to Seeing You in the Parks



Tukwila Community Center
12424 42nd Ave S
Tukwila, WA 98168

Postmaster:
If named addressee
has moved, deliver
to current resident.

To help us correct addresses or eliminate duplicates, please call 206.768.2822.

PRESORT STANDARD
U.S. POSTAGE
PAID
SEATTLE, WA
PERMIT NO. 12698



A COMMUNITY HERITAGE AND CULTURAL EVENT

Stories of Arrival

Refugee and Immigrant Youth Voices Project

December 17th
Thursday • 5:30-8:30pm

Tukwila Community Center, Banquet Hall

Tukwila Parks and Recreation together with Project Feast invite you to an evening of stories, music and food **as we celebrate the diverse heritage of Tukwila residents**. This year's heritage event will serve as the release celebration for the "Stories of Arrival, Refugee and Immigrant Youth Voices Project." Students create poetry that shares their journey of leaving their home country and arriving in a new country.

Local students have partnered with Project Feast graduates to create a book that interweaves poetry with recipes, highlighting the connections between stories of food and home. Copies of the book will be available for sale and a portion of the proceeds will be donated to a college scholarship for two students who show exceptional merit. **Listen to live poetry readings, chat with local service providers, and sample a variety of bite-sized dishes prepared by Project Feast graduates.**



**An Evening
of Stories,
Music & Food**



FREE EVENT!



TUKWILA
PARKS & RECREATION
GOOD HEALTHY FUN



Partners in Education
Tukwila School District